

## OTTAWA

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**metro** 

NEWS  
WORTH  
SHARING



## Pot shots

**PAGE 3**

# Transpo Tragedy

**PAGE 4**

# Space Oddity

**PAGE 12, 24**

# Pesky Sens

**PAGE 36**

**NO  
NICKELBACK  
GUARANTEE**

The logo for LIVE 88.5 fm is displayed in a bold, black, sans-serif font. The word "LIVE" is positioned above "88.5", and "fm" is to the right of "88.5". The numbers "88.5" are significantly larger than the other text. The entire logo is set against a solid orange background.

# 2013

# YEAR IN REVIEW

Metro  
takes a  
look back  
at the  
stories  
that  
affected  
us over the  
last year.

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Local

Metro Ottawa reporters look at some of the stories from 2013 that touched them personally.

# Paralyzing stigma linked with medical marijuana

## Mailout gaffe.

Stress makes life difficult for patients after being exposed by Health Canada



TREVOR GREENWAY  
Metro reporter

Imagine what it might be like to possess a medical-marijuana licence in Canada.

Now, take away all the junk food, video games, lounging around and other typical stereotypes that are often associated with pot use.

Add a sore back, sleeplessness, chronic pain all over your whole body, arthritis, extreme nausea and a constant headache.

When I broke the story of Health Canada exposing 40,000 medical-marijuana patients in a mailout gaffe in November, those are the stories I came across. Harrowing tales of very sick people—with everything from multiple sclerosis to terminal cancer—who spend the entirety of their days trying to manage pain.

Most were already concerned about being left without meds, as Health Canada's looming changes to its medical-marijuana access program will mean patients can no longer grow their own pot and will instead be forced to buy from commercial growers at more than 12 times the price.

So, in the aftermath of



Laurie MacEachern, director of Medicinal Cannabis Patients' Alliance of Canada, is angry over Health Canada exposing her and other people as participants in the medical-marijuana access program. CONTRIBUTED

## Takeaway

The experience of reporting these stories proved to me that the stigma associated with medical marijuana can be just as paralyzing as any illness it treats.

Health Canada exposing these patients, the stress put on them is difficult to imagine.

Most of the people I spoke to reported being frowned upon or winked at by postal workers as they delivered the Health Canada package. One man who lives in a retirement home in Ontario said

the delivery person quipped, "I would sure like to be in this program."

Really? Would you? Would you like the chronic pain that comes with it? Would you really like to consume up to 100 grams of pot every day just to feel normal?

This is why the issue of medical marijuana is so im-

portant to me. Most of the patients I have spoken to aren't "potheads." They aren't junkies or drug dealers. They are sick people who have found a natural medication that seems to work.

But, on top of being sick, they have to contend with the judgment of others, all because they use a medication associated with getting high and pigging out on Doritos.

The experience of reporting these stories proved to me that the stigma associated with medical marijuana can be just as paralyzing as any illness it treats.

## Readers' online selections

Vibrators and revenge:  
Voted 'proudest'  
stories by you via our  
Metropolitan Panel

## Canadian company wins couples-vibrator patent case

The U.S. International Trade Commission upheld a Canadian company's patent for its couples vibrator in June, banning the import, sale and marketing of infringing products in the U.S. No word on whether a Heritage Minutes commercial is pending.

THE CANADIAN PRESS



## Woman sells 'stupid' ex's beautiful boat

Tired of her boyfriend flaking out, one Nepean woman posted a Kijiji ad in May, offering her ex's gently used Alberg 22 sailboat for "cheap." "Like every other good thing in his life, my stupid ex-boyfriend walked away from a beautiful sailboat, and left me to pick up the pieces," the woman wrote. METRO

1 NEWS

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## Readers' online selections

This story of a woman left disabled resonated with readers online



### Ottawa mom loses three limbs to rare illness

In May, Christine Caron, 49, was an independent single mother of four about to start training as a broker at a home- and car-insurance company.

But a single accidental bite from one of her pet dogs on May 18 resulted in an emergency trip to Montfort Hospital, followed by weeks of intense care in Ottawa Hospital for a rare case of septic shock. The cause? *Capnocytophaga canimorsus*—a common bacterium in the dog's saliva.

"I went from running every morning to waking up in the hospital a month and a half later," Caron said.

Caron's septic shock and resulting complications cut blood flow to her extremities, necessitating the amputation of both legs below the knee and her left arm below the elbow.

Since 1976 only about 200 septic shock cases have been caused by *Capnocytophaga canimorsus*.

CULLEN BIRD/FOR METRO

## Metro + readers' choice

# Tragedy on OC Transpo



GRAHAM LANKTREE  
graham.lanktree@metronews.ca

### Route 95 tragedy won't soon leave our memory

When asked to update a story that impacted me over the last year, I immediately thought of Stephen Chalmers. I interviewed him again last month.

When two ambulances whipped through the intersection of Greenbank and West Hunt Club Road the morning of Sept. 18, I could tell the accident was bad.

### Would-be passengers looked on in disbelief

An inkling of what was to come hit me on the radio when I heard an OC Transpo bus collided with a VIA train as I headed to Metro's office.

My mind raced through more than 20 years of living in Ottawa to pick out a more harrowing event. Only the 1999 shooting rampage at OC Transpo's garage stood out.

At Fallowfield Station I found an orderly line of EMS and city vehicles leading to



Passengers of Via Rail Train 51 bound for Toronto are brought from the scene after their train struck an OC Transpo bus near Fallowfield Station.

GRAHAM LANKTREE/METRO

a scene of chaos, where six bus passengers were dead, including driver Dave Woodard, and 30 other people were injured.

Would-be passengers looked in disbelief from the VIA Rail platform at the train akimbo on the track. Beyond was Bus 76 with its front end torn off.

Reporters dashed right and left and climbed embankments talking frantically on cellphones to editors as cameramen pushed for a shot.

A young man named

Cedrick Gongga-Cave who dropped his mother off at the transit station at 8:40 a.m., just before the accident, was soon among us. He couldn't reach her at her desk at Place du Portage. "She's not there," he said. No one knew where she was.

Train passengers sombrely left the wreck and passed the line of reporters. More than a few had witnessed the impact.

Struck with the gravity of their faces, I text messaged one of my friends who lives in Barrhaven and commutes

through the station to find out if she was OK.

All across Ottawa, people did the same. Reaching out to those we worried about. Some never heard back.

If you meet Ottawans out in the world, even in another Canadian city, Route 95 is a reliable conversation starter—most people in the city know the route even if they haven't ridden it. We could all put ourselves in the victims' place.

Bus riders stopped by throughout the day, passing

police barriers to pay their respects.

Transit union president Craig Watson toured the site wondering what could cause a good driver just short of 10 years experience to lose control.

By evening a vigil of 150 people gathered there. The city today is still trying to make sense of the crash.

Analysis of the bus has not yet been released, but that's where the Transportation Safety Board's investigation remains focused.

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## Rural beat. Don't knock petting-a- goat stories



LUCY  
SCHOLEY  
Metro reporter

Smear campaigns, attack ads and WikiLeaks documents do not usually come to mind when I think of rural municipal elections.

But those were the words that popped up in the stories I covered for The Low Down to Hull and Back News in Wakefield, Que., during the municipal campaign leading up to the Nov. 3 election.

Having spent three years reporting for the western Quebec weekly newspaper, I had covered provincial and federal elections. But Chelsea, Que. — a rural community on the brink of controversial developments — was a whole new game.

I reported on Facebook attack ads and a WikiLeaks document detailing the incumbent mayors' expenses.

Quebec's election website was slow to publish Chelsea's results so I was fortunate to have the first scoop. Voters turned to my Twitter feed and asked me to update them on their own districts. It's that type of engagement with readers that I find exciting and rewarding.

That experience primed me for the digital reporting job at Metro Ottawa.

I just joined the Metro team mid-December, so at the time of writing this I have yet to cover a story here that's had the same impact. Don't get me wrong: petting a baby goat and writing about transit hikes were still fun stories, but I'm looking forward to having even grander adventures here in the new year.



Canadian veteran John Stuber receives a hug from Pastor Won Seong-Jae April 26 as dozens of people greeted Korean War veterans at the Busan train station in South Korea. Reporter Joe Lofaro travelled with veterans to mark the 60th anniversary of the armistice. JOE LOFARO/METRO

# Old wounds tell tale of Canada's war heroes

**Impactful.** Metro reporter travelled with Canadian war vets to South Korea



JOE  
LOFARO  
Metro reporter

It had ended like any other workday. I was walking on Slater Street to my car after finishing a shift at Metro, except this day a man stopped me on the sidewalk. It was the press secretary of Steven Blaney, then the minister of

Veterans Affairs.

We exchanged friendly hellos and then he asked me out of the blue, "Hey, does Metro send reporters on government-sponsored trips?"

Good question, I thought. When asked why, he asked if I was interested in going to South Korea to report on a delegation of 36 Korean War veterans from Canada who were going back to mark the 60th anniversary of the armistice.

Well, fast-forward two weeks later, and I was on a plane headed to Asia just as North Korea was threatening for the umpteenth time to

obliterate the South.

But that posturing didn't concern veterans like Frank Bayne one bit. After all, he'd have to be pretty lion-hearted to enlist in the war in 1953 in his early 20s.

I couldn't imagine going to war at that age, or at any age for that matter. Yet these brave, selfless men left everything behind to fight someone else's war, in a country they knew very little about.

Sitting on a tour bus to and from our hotel with veterans like John Stuber, Romeo Daley, Joel Beaman and Bayne put their sacrifices into perspective in a way a

high school textbook simply cannot.

"I lost some really good friends," Beaman told me after leaving the Canadian Korean War Monument in Gapyeong on April 24.

In my interviews I felt, at times, that I was opening up old wounds by asking questions about the war. But at the same time, I was reassured. Telling their stories ensures they will not be forgotten.

I left South Korea with a deep appreciation for veterans that I probably never would have had were it not for meeting them.

### Readers' online selections

Dashcam and deadly crash: Voted most impactful

Bus driver let go after being caught driving on sidewalk

A man caught on a dashcam driving his empty First Student school bus over a sidewalk in October at the intersection of Merivale and Hunt Club roads was dropped by the company. Driving instructor Keith Marien videotaped the driver of bus No. 130809 driving aggressively, taking a shortcut through the busy intersection, using the designated bike lane and then the sidewalk.

METRO



Brockville teen dies in Sept. crash

Sixteen-year-old Aaron Stevenson was struck and killed in September on County Road 2 near Irace Drive, between Brockville and Maitland. He was taken to hospital where he was pronounced dead. Two men were placed in custody following the hit-and-run crash that killed Stevenson. METRO



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Digital

Metro's digital team takes a look back at 2013 and shares some of their most memorable stories.

# Reddit reader restores our faith in humanity

## Warm fuzzies.

It turns out stories of kindness aren't as rare in the online world as we might think



ANDREW FIFE  
Metro web editor

Internet chatter is often maligned as a squalid cesspool of anonymous viciousness.

The maligners are correct. We see what you write. You

monsters.

The maligners are also wrong.

The web is populated by millions, and the loudest voices aren't always the most accurate representation.

According to a study of the New York Times web-

site, readers are much more likely to share and comment on stories thick with warm fuzzies.

This year, our experience with a trans-Atlantic solid, done anonymously, fits snugly among those findings.

Last March, Andrew

Bourke took to Reddit (speaking of maligned) with a moonshot request: For somebody who lives in Dublin to swill a St. Patrick's Day pint at the grave of his great uncle, who died more than 50 years before Bourke was born.

A short time later, a user named elmoslats replied with a simple "It was a bitch to find. Bought some flowers," linking to photos of the grave, newly festooned with flowers.

For his part, Bourke told us, "I honestly cried."

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## Couch to 42K. How a fair-weather runner became a marathoner



HANNAH ZITNER  
Metro web editor

While I've always been a fair-weather runner, I never wanted to run a marathon. Running 42.2 kilometres just seemed like too much running. But when deputy editor Fernando Carneiro came around shouting, like a newsy selling papers, "Who wants to run a marathon?" something changed. Maybe it was the competitive teenager in me coming out, or maybe I just felt bad for the over-ambitious guy, but I agreed.

And the Couch to 42K blog was born.

For the next 18 weeks, we ran, we wrote and we even made a few (un-publishable) videos. The blog gave us all (four in total) something to think about while we sweated through those 50 to 70 kms per week.

### Batman

Throughout the 18 weeks of training, I had the honour of running with Dark Knight Runner, aka JP Hernandez — a dedicated athlete who ran the Scotiabank Toronto Waterfront Marathon dressed as Batman to raise money for Sick Kids hospital.

### Being the best at exercise

Co-runner/writer Liz Brown caused a wee stir after writing a blog post saying runners were just "trying to be the best at exercise" because "anyone can do it." People (well, running people) weren't happy.



CONTRIBUTED

### Chest conferences

The most popular post on the blog turned out to be the one about my chest. It turns out that's what happens when you put boobs in a headline. After reaching out to ladies for bra suggestions, I began regularly receiving emails (and being accosted in the office washroom) from chesty ladies about how to control their bits.



HALEY ZITNER/METRO



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## The lighter side of the law. A dash of humour helps humanize VicPD



LUKE  
SIMCOE  
Digital reporter

On the Metro digital desk, we're well aware that funny stories are more likely to be shared by our online readers; it's an insight we share with the Victoria Police Department.

Last year, when a naive Reddit user posted about buying marijuana at the University of Victoria, VicPD Const. Mike Russell was there.

Using the "VicPDCanada" handle, Russell announced himself with a simple "cough," reminding users that the long arm of the law extends online.

Since then, he and his partner Bowen Osoko have been working to build the force's social media cred.

And despite the serious nature of police work, the pair hasn't shied away from the absurdist humour endemic to Internet culture.

When cops busted drug

### Cats with hats

"Being silly sometimes helps humanize our officers and make them more approachable. It's also just a lot of fun."

Bowen Osoko, Victoria Police Department



The Victoria Police Department has spammed Twitter followers with pictures of cats wearing hats, among other humorous tactics.  
COURTESY VICPD

dealers hiding cocaine in fake "Durasell" batteries in January, Russell penned a hilarious press release and offered tips to others looking to secure their stash.

"Don't forget to label it 'not drugs' so we don't inadvertently look inside," he said.

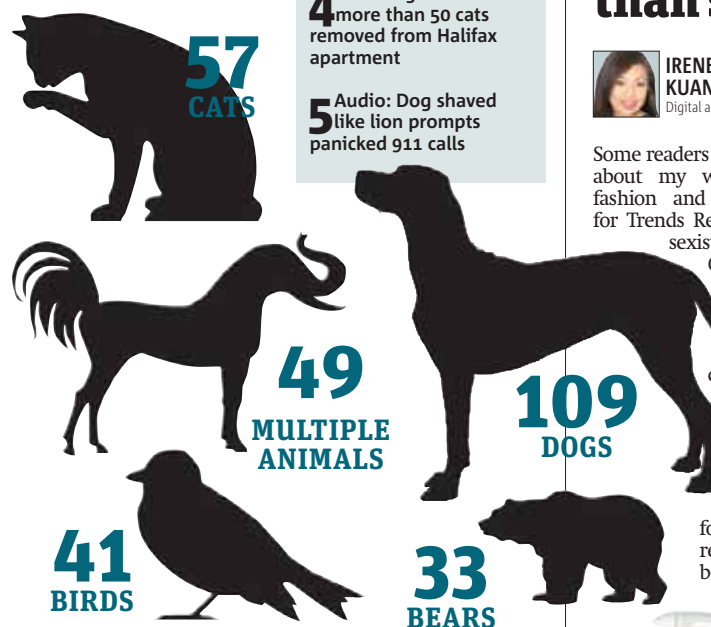
When handed the reins of the force's Twitter account in March, Osoko opted to spam followers with pictures of cats wearing hats.

"Being silly sometimes helps humanize our officers and make them more approachable. It's also just a lot of fun."

## Which animal is top dog?

COLIN  
MCNEIL  
Web editor

Animals. They're cute, they're cuddly, and they have a furry iron grip on the Internet. From the continuing antics of the Ikea monkey to the Toronto Zoo's pandas, it's been quite a year for Canadian fauna, but which four-legged friend is top dog at metronews.ca? The answer may give you paws for thought. There have been 539 stories on metronews.ca tagged "animals" in 2013. Here are the top 5 animals (by number of stories).



### Top stories by views

- 1 Photos: Regina squirrels tangled by sticky situation
- 2 Warning: Graphic new images surface of GuZoo animal farm
- 3 Video: Elephant seal inhales meal in blink of an eye
- 4 Hoarding case sees more than 50 cats removed from Halifax apartment
- 5 Audio: Dog shaved like lion prompts panicked 911 calls



Irene Kuan's "sparrow face" selfies. CONTRIBUTED

## Glymm. There's more to being a beauty editor than sparrow-face selfies



IRENE  
KUAN  
Digital associate managing editor

Some readers have complained about my work as Metro's fashion and beauty blogger for Trends Report, labelling it sexist and shallow.

Granted, writing about "sparrow face selfies" and "bitchy resting face" doesn't suggest hard journalism, but the beauty industry is what it is.

In fact, if it hadn't been for an assignment reviewing beauty boxes, I would have never stumbled

upon this story: One reader claimed she had been scammed by a subscription beauty box service called Glymm. The company charged her for a yearly subscription and then sent an abrupt email about their closure. It shuttered its business, website, Facebook and Twitter accounts, while keeping customers' money.

As a blogger, I care about my readers and their feedback.

I tracked the founder of Glymm using LinkedIn and badgered his secretary for information over the phone. I also used my ties as a beauty blogger to get reaction from other beauty-box businesses. After all, there were tons of irked Glymm subscribers in an industry that is still working to establish itself.

The week of April 25 the Glymm story generated more than 10,000 website views and 20,000-plus views on my Storyfy. It even prompted a company, Nail Polish Canada, to link to my story and provide free gifts to customers bilked by Glymm.

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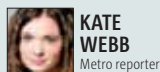
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## National

Rob Ford, Senate scandal, Toilet Squirrel: 2013 was a big year. Here are the stories that called us to action, made us laugh or impacted our lives in other ways.

# Metro story helps mentally ill man secure himself a new home



KATE  
WEBB  
Metro reporter

## '100 times better'

When asked to update a story that impacted me over the last year, I immediately thought of Stephen Chalmers. I interviewed him again last month.

The walkway up to his new trailer sparkles with red and blue Christmas lights, and on clear nights moonlight spills through tall pine trees onto the quiet campground where he has lived for nearly two months now.

The 54-year-old is still getting used to his new surroundings after moving out of a dilapidated trailer at the run-down Beladean Trailer Park in Surrey, B.C., which lost power in September due to an improperly supervised motel demolition.

"I'm 100 times better. I feel better, I sleep better," says Chalmers, who suffers from multiple mental illnesses and lives on a meagre disability income.

## New digs, old issues

After Metro ran stories on the outage, and the fact that he couldn't find a new park willing to take his old, leaky trailer, an online campaign raised enough money to buy him a newer, 1999 fifth-wheel.

But the complex problems of a man who has overcome crack addiction and alcoholism and still struggles daily with depression and post-traumatic stress disorder cannot be neatly



JENNIFER GAUTHIER/METRO IN VANCOUVER

resolved with four walls of aluminum and vinyl. Some days he feels up, some days he feels down, he says. The weather, getting used to his new neighbours, and the stress of living low-income — all of these have an effect on his moods.

But Chalmers says he seeks help when he needs it from the mental-health-care system, from friends and from a local food bank.

## Moving on up



"I feel more positive about myself. I'm more sure of myself. I feel more personable towards myself.... I think of myself as someone who actually deserves to be respected, which — that's kind of foreign territory to me."

Stephen Chalmers, who says he is proud that by sharing his story publicly, he has become someone people approach for advice about how to seek help.

# Toilet Squirrel. 'Peg newsroom goes nuts over soggy rodent



BERNICE  
PONTANILLA  
Metro Reporter

It was the summer story that had Winnipeggers — and likely others all over North America — looking warily at their toilets.

And it led to 15 minutes of fame for a St. James, Man., woman, all thanks to a little critter that somehow ended up in her toilet wet, scared and clinging for dear life.

Angela Campbell said it was her love of making people laugh that spurred her to contact Metro Winnipeg only

hours after her encounter with and rescue of the now infamous Toilet Squirrel.

"Out of all of the toilets it could have climbed out of, I'm glad it was mine and that I could help it," said Campbell in a December interview with Metro.

Once Metro Winnipeg broke the story online, Campbell was inundated with requests for interviews from local, national and international media outlets.



## Metro's choice

## Starman blows our minds

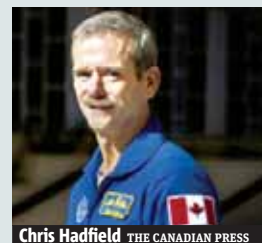


HENRIETTA  
WALMARK  
Metro copy editor

Commander's log — stardate: 04-12-2013: "Here am I floating in my tin can/A last glimpse of the world/Planet Earth is blue and there's nothing left to do."

Few events in 2013 eclipsed Chris Hadfield's cover of David Bowie's Space Oddity. The video of the astronaut literally floating in his "tin can" as he sang his farewell to life aboard the International Space Station capped an extraordinary mission of firsts.

As the ISS orbited Earth, he tweeted stunning photos of the planet, chatted with William Shatner, shared videos of zero-gravity science



Chris Hadfield THE CANADIAN PRESS

experiments, did Q&A's with kids via satellite-links and performed an interspace duet with Ed Robertson.

Hadfield was having the time of his life, and took us along for the ride.

But what's really cool is what's been left trailing in the stardust. Hadfield allowed me and millions of others to experience Earth and the universe as never before, sparking our imagination and reigniting interest in the final frontier as a space worth exploring.



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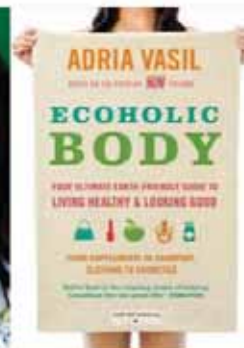
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Readers' online  
selections

Extra-terrestrials? Nose pickers? What is this, you ask? Well, it's what you told us — via our Metropolitan Panel — were your favourite Metro online national news stories of the year



### UFO sightings double in Canada in one year

Ufology Research issued its Canadian UFO survey in May and the stats revealed reported sightings doubled in 2012.

"Polls have shown that one in 10 Canadians believe they have seen a UFO. That's three to four million people with UFO experiences," said Chris Rutkowski of Ufology.

TORSTAR NEWS SERVICE



### T.O. man's call for stem-cell donations

In July, Chris Taylor of Toronto called on healthy 17- to 35-year-olds to become stem-cell donors. "I need one, it turns out, to save my life," he told Metro. "More importantly, it's for everyone who needs one." OneMatch is a program run by Canadian Blood Services which matches potential stem-cell donors to unrelated patients. Donors sign up for free and get a package in the mail containing a swab kit.

METRO



### Nose pickers, rejoice

If you don't like gross things, this story is snot for you. An associate professor of biochemistry at the University of Saskatchewan is trying to get more students interested in science by looking at the health benefits of picking your nose and eating it. Scott Napper says mucous traps germs and stops them from getting into our body, but if we consume that mucous, it could help train our immune system by exposing it to the germs.

THE CANADIAN PRESS/CKOM



### New rules for Canuck drivers

In early 2012, this came in from the department of red tape you didn't know existed: Canadians were required by law to have an international driving permit in addition to their regular licences when driving in Florida. The new law applied to any non-resident, but has since been unanimously repealed by legislators.

TORSTAR NEWS SERVICE

## Readers' + Metro's choice

### Teen-trafficking case lacked outrage



JESSICA SMITH CROSS  
Metro reporter

Three girls ran away from a group home last year, lured away by a prostitution ring and put to work in Toronto.

The girls were in the care of province when they were trafficked. When the story broke, strangely, there was no public outrage.

I called up critics of both opposition parties and neither knew much. The Ministry of Child and Youth Services simply said after the criminal trial that safety would be "enhanced."

I talked to Bridget Perrier, who was prostituted from her group home at age 12. Now, she is calling on the provincial government to acquire "a deep understanding" of how the sex trade involves girls in the child welfare system.

I agree. I'd also like to see hear some promises about how it will never happen again.

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# #omg! Readers all a-Twitter over TEMP

Canadian author Douglas Coupland, best-known for his groundbreaking novel Generation X, visited Metro's head office just before the launch of TEMP.

The 20-part fiction series was published in Metro throughout November. Here's how Metro readers responded on Twitter:

**@jason\_michael:** A sincere heartfelt Thank You to @DouglasCoupland for TEMP. I am a temp working for the government and your words continue to inspire!

**@Teyemtenot:** yet another reason why Metro is my favourite thing to read in the morning!

**@hurricanadiana:** thanks for keeping me entertained for 20 a.m. commutes. Funny, surprisingly thought-provoking and relevant.

**@KaT4\_2012:** read TEMP every day! #youguysnailedit #precariousworkiseverywhere Douglas Coupland is brilliant

**@morgancadenhead:** The collaboration between @DouglasCoupland and @MetroNewsCanada is fascinating. A truly unique way to approach fiction.

**@SuzanneMaryse:** i am loving this! ... Coupland nails the post-modern condition once again

**@ctmwyn:** The best part about @DouglasCoupland #Temp is the high concentration of #CliffHangers #Serialization

METRO



Web editor Hannah Zitner chats with Douglas Coupland during the author's visit to Metro's head office in Toronto on Oct. 28. DAVID VAN DYKE/METRO

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## International

From strange to serious — the world was a fascinating and sometimes heartbreaking place in 2013.

## Readers' online selections

Nothing hard-hitting here: Metro online readers gravitated towards men faking labour, a giant toilet clog and a shelter dog prized for his anthropomorphic attributes as their favourite international stories of 2013, as picked through our Metropolitan Panel.



### Dutch men undergo simulated labour pains

This video of two Dutch men who decided to find out how difficult childbirth is by hooking themselves up to a machine that simulates real-life labour pains was a huge hit with readers. **METRO**

Watch the video at [metronews.ca](http://metronews.ca).



### 'Fatberg' discovered in suburban sewer

Sure, it may have looked like an iceberg, but there was nothing cool about it. Utility company Thames Water said in August it has discovered what it calls the biggest "fatberg" ever recorded in Britain — a 15-ton blob of congealed fat and baby wipes lodged in a sewer drain. That's enough "wrongly flushed festering food fat mixed with wet wipes" to fill a double-decker bus such as the famous London Routemaster, the company said.

THE ASSOCIATED PRESS

### Man fired after wrestling sharks

A 62-year-old British man who became an Internet sensation after wrestling with a shark on an Australian beach said in March that he was fired after his employer discovered he'd been abroad while on sick leave. Paul Marshallsea was filmed yanking a six-foot-long shark away from waders at Caloundra beach in January. But his intervention also caught the eye of his employer. Marshallsea had been on leave since last April and said his doctor advised him to go on vacation.

THE ASSOCIATED PRESS



### MSN messenger goes the way of ICQ

Microsoft's venerable Messenger program was moved to the great big recycling bin in the sky this year. Users had until March 15 to migrate their accounts over to Skype, which the software company acquired in 2011. At its peak, Messenger boasted 300 million users in more than 60 countries. Microsoft will continue Messenger in China, due to the peculiar nature of the Chinese market. **METRO**

### Dog with human-like face gets hundreds of adoption offers

Tonik the dog became an international sensation when a photo of him was picked up by media around the globe. "His pictures have been up on the adoption site since September 2011," said Schwartz. "For some reason, someone decided this week that he looks like a human and it's been overwhelming since," said Jen Schwartz, the founder and owner of the Homeward Bound Animal Shelter, at the time of the buzz.

TORSTAR NEWS SERVICE



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## Egypt

### 'An uncertain reality'



DEENA DOUARA  
Metro copy editor

Calls to relatives in Egypt are reminders that while the deteriorating state of affairs — of people's spirits and dreams and savings — is frustrating to behold from here, it's an uncertain reality, a nightmare, over there.

I was there this summer, in the leadup to the anniversary of then-president Mohamed Morsi's inauguration. I tried to understand the arguments: Egyptians must protest; Egyptians must stay home and give him a fair chance.

I tried to capture that atmosphere for Metro, on TV and for Huffington Post, all garnering strong reactions. As protests intensified, so did people's rhetoric. A prevalent "You're with us or with the terrorists" approach took root, serving to justify military crackdowns and delegitimize nuanced opinions that didn't conform neatly to "pro-military" or "pro-Muslim Brotherhood."

The 2011 revolution was one of the most dramatic scenes Egyptians witnessed in at least three decades.



An Egyptian woman reacts in Tahrir Square in Cairo the day after former Egyptian president Mohammed Morsi, the country's first democratically elected president, was ousted from power on July 4.

ED GILES/GETTY IMAGES FILE

There was uncertainty and disagreement and plenty of anger. But I believe it is 2013 that really changed Egyptians. Mistrust, contempt, revenge, hatred — these sentiments are relatively new, and they are frightening.

As repression, imprisonment and censorship have seemingly increased alongside an ever-declining economy, Egyptians now must, too, fear their neighbours. And divided, they say, is how they fall.

### Syria. Keeping an eye out



ALI ZAFAR  
Metro copy editor

Nearly three years on, the Arab Spring has morphed into a disgruntled winter in Syria. While several Arab nations have toppled their dictators, Syria continues to be stuck between rebel strongholds and leader Bashar al-Assad.

Bearing the wrath of this power struggle are the citizens of the country. Around two million of them have been displaced, and Amnesty International estimates that more than 100,000 people have been killed since the conflict started in March 2011.

I've seen atrocities committed both in the name of religion and by iron-fist rulers while living in the Middle East and South Asia, which is why the plight of Syrians is something I can relate to. Being considered a religious minority in Pakistan, I can empathize with the woes of religious minorities in Syria who are worried about their country under the control of Islamist rebels. It's why I'll keep a close eye on stories coming out of Syria in 2014.



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## Voices

This is rare. Three Metro columnists are asked to write about their most memorable work this year. Turns out it can't be done without your feedback.

# MY ONE LONG YEAR



**JUST SAYIN'**  
**Paul Sullivan**  
metronews.ca

est of times, right?

That makes for lots of material, such as:

Multi-billionaire Amazon's Jeff Bezos was in the news this year for buying the fabled Washington Post of Woodward and Bernstein fame for the equivalent of billionaire pocket lint: \$250 million.

That's less, by the way, than what the Qatar Royal family paid for Impressionist painter Paul Cézanne's *The Card Players* — \$259 million. (Big deal. I paid \$2.59 for *The Card Players* at the neighbourhood garage sale. I really love the look on the bulldog's face.)

Then there are those columns that are memorable for some really great bits, such as the one about the one-way expedition to Mars that was signing up potential colonists earlier this year:

"Therefore Mars One is looking for a special kind of person. Someone who is nuts enough to spend the rest of his or her life stuck in a climate-controlled hut the size of a portable toilet but well adjusted enough not to try to eat his or her fellow castaways."

What writing!

Of course, you can't write a column these days without having your own online anvil chorus, and I managed to hit a sour note writing about people who don't wear enough clothes on the beach. My protest went along aesthetic lines, not skin care, and the mob that formed outside my virtual door was not happy.

Here's just a taste: "Holy crap this is arguably the most ignorant thing I've ever read in my life."

You can't please all of the people all of the time, but if you try really hard, you can annoy all of the people all of the time.

Fortunately, I did manage to get an online standing O for a column I wrote about a movement to ban tipping that's just getting off the ground in New York and Chicago. One reader, named

## Reader writes

"After reading your brief article I had to say, very well written, entertaining, all the while thought-provoking." Crystal

Even though asking me to choose a favourite column is like asking me to proclaim a public preference for my goldfish over my hamster, I have dutifully reviewed *Just Sayin'* for the past year, and it turns out I have a lot to say, which might surprise a few people.

But I've managed to narrow it down.

Generally, I try to communicate my total bemusement with contemporary life. It's the best of times. It's the worst of times. It's the weird-

# 2013 is over and I'm left holding the (mail)bag



## HE SAYS

**John Mazerolle**  
readers@metronews.ca

I've been told to pick one favourite 2013 column and reminisce, but my columns are like my children and once they're out in the world I will deny they are mine.

Instead, let's open the mailbag. After a year of columnistic genius I feel it's important for readers to provide a fresh perspective on how wonderful I am. For instance, one fan recently sent me a Facebook message that said my

## Mail moment

"Stupid yellow journalism at it's finest!!!" Online fan



ISTOCKIMAGES

columns are "desperately TRYING to be funny. Alas, they just come off juvenile." To hear my work is desperately funny, yet childlike, is wonderful. I clicked on her page to thank her and learned she's graduated from "I didn't finish (2008)," which signals a level of brash independence and attention to detail I think we can all emulate. Under professional skills it said, "crack-smoking," which means she

will soon be a writer (if she's joking) or the mayor of a large city (if she's not).

Another reader let me know my column is "pure dribble." I briefly assumed it was an insult and he had misspelled 'drive.' Then I realized it was a basketball-related compliment, and that he considers me the Michael Jordan of Metro columnists. Pure, unadulterated dribble. Swish.

Some other actual mail-

bag highlights: "Hypocrit much?" (More than you. I add an 'e.)\* "Do your research." (No.) "Stupid yellow journalism at it's finest!!!" (There are numerous problems here, but they are amply overcome by the use of three exclamation points. Bravo.) And that's the 2013 mailbag. See you next year, readers — older, but not wiser!!!

# I swear, and I am a girl



## SHE SAYS

**Jessica Napier**  
@MetroSheSays

As 2013 comes to a close, it's fun to look back at some of the memorable columns I've written over the course of the year. Back in June, I wrote a piece about swearing in public. I described how my boyfriend and I had been reprimanded by an

## From the inbox

"I am saddened when I hear a young person, especially a young girl, making a public reference to parts of their body and their knowledge of sexual activity with obscenities."

Anonymous reader

overbearing parent at a neighbouring table after dropping a few expletives during a Sunday brunch.

I was hardly advocating for an uncivilized society full of foul-mouthed brutes, but the column definitely struck a nerve among our readers.

I received a few letters from

people who identified swearing in public as a generational problem. One gentleman wrote an email stating, "I am saddened when I hear a young person, especially a young girl, making a public reference to parts of their body and their knowledge of sexual activity with obscenities."

I understand the importance of good manners, but I take offence to this notion that I should suppress

any behaviour that is deemed 'unlady-like' according to a 1950s standard.



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# The good, the bad and the ugly

**Year in review.** The beginning of a new year, like the opening of a new film, holds so much promise... It's time for Metro to screen 2013's crop



**NED  
EHRBAR**  
Metro World News in Hollywood

It's time to bid farewell to 2013 with a look at the most disappointing films of the year.

## Pacific Rim

Giant robots! Fighting giant sea monsters! Directed by Guillermo del Toro! This could've been so good, and obviously we thought it would be, but the results were just... not so much.

## Only God Forgives

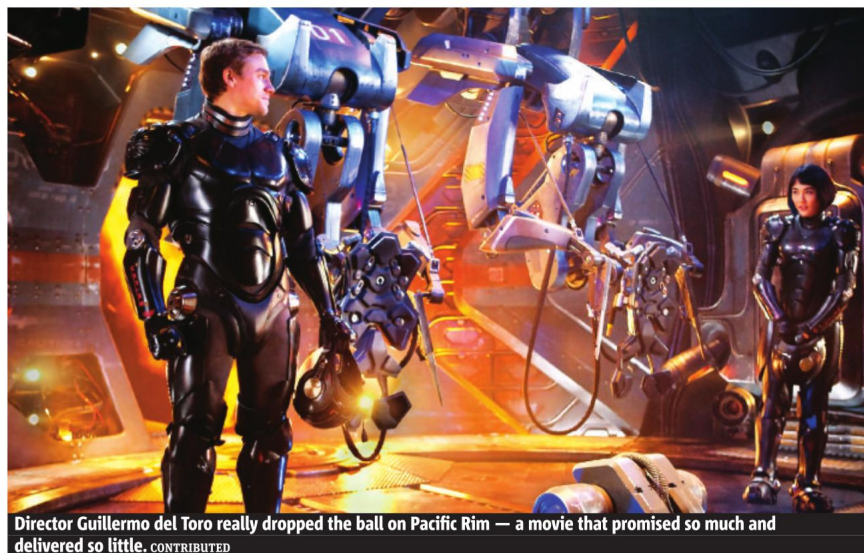
Maybe Nicholas Winding Refn was punishing people for liking his fantastic "Drive" too much, but this art-house meditation on masculinity, violence and retribution — we think? — was just a slog.

## Star Trek Into Darkness

We might have been less disappointed in this long-awaited sequel if J.J. Abrams had just come out and said from the get-go that Benedict Cumberbatch was playing Khan. If only that were the only problem with it, though.

## Jack the Giant Killer

Maybe it was foolish to expect Bryan Singer to do something cool and interesting with the old Jack and the Beanstalk fairy tale, but this one just fell flat.



Director Guillermo del Toro really dropped the ball on *Pacific Rim* — a movie that promised so much and delivered so little. CONTRIBUTED

### Metro's picks

- 1 Gravity
- 2 Blue Jasmine
- 3 12 Years A Slave
- 4 Hunger Games
- 5 Dallas Buyers Club

### Oldboy

Spike Lee's plodding, uninspired remake of Park Chan-wook's 2003 cult classic at least makes a strong case for renting the original. Some things don't translate well, apparently.

### Lovelace

A lot of foreplay that led to not very much of anything else, this exploration of the

### Metro pick

## American Hustle



**IN  
FOCUS**  
Richard Crouse  
scene@metronews.ca

American Hustle's story of flim flam men and women, the FBI and a real life sting known as Abscam has emerged as my favourite movie of 2013. It's an entertainingly audacious movie that will

woman behind Deep Throat held too much back.

### The Fifth Estate

Maybe it was too soon to explore the rise and fall of WikiLeaks co-founder Julian Assange, but it seemed perfectly reasonable that

doubtless be compared to The Wolf of Wall Street because of the similarity in tone and themes, but this time around director David O. Russell has almost out-Scorsese'd Martin Scorsese. Add to that unexpected and compelling performances from the a-list ensemble cast—Christian Bale, Amy Adams, Jeremy Renner, Bradley Cooper and Jennifer Lawrence — and it adds up to the most fun I had at the movies this year.

Bill Condon and Benedict Cumberbatch were up to the task. Apparently not.

### Anchorman 2

Following up an iconic comedy is tough, but we're still not sure what Adam McKay



We asked and you let us know that Gravity was your top movie pick for 2013. CONTRIBUTED

### Reader's pick

**What do you think?** We recently polled Metro readers to see what film they considered to be the best of 2013. Gravity was the winner, hands down.

and Will Ferrell were thinking with most of the choices here. Lesson learned: A little bit of Steve Carell's Brick Tamland goes a long way. Also, the film's jokes about racism and sexism actually just play as racist and sexist. Maybe next time, guys?

### Enough Said

James Gandolfini's last leading film role, Julia Louis-Dreyfus' return to movies, another chance for Nicole Holofcener to examine adult relationships? This one had so much going for it. Too bad the end result is flat, uninspired and far too pleased with itself.

# 2 SCENE

# Happy Holidays!

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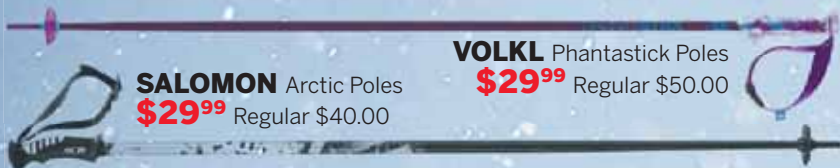
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# HBO's Game belongs only on the Throne

**TV.** Whether you binge watched or faithfully tuned in, there were a number of great shows this year. Metro weighs in on what was tube-worthy in 2013

Alexandra Cavallo, our TV correspondent from south of the border, gives us her picks for the best shows on TV, however you may watch TV.

## Game of Thrones

Game of Thrones had the best season ever. What other show has the balls to ruthlessly — and awesomely, creatively and bloodily — kill off multiple main characters like it ain't no thing? Game of Thrones reigns supreme. See what I did there?

## House of Cards

Other than HBO (and FX and A&E and — well, damn, seems like television is killing it lately, huh?) Netflix is putting out some of the most exciting and game-changing programs. House of Cards — to put it simply

### Metro's picks

- 1 Breaking Bad comes to an end
- 2 Toronto Mayor Rob Ford is lampooned on every major late night talk show and Saturday Night Live
- 3 The murder-filled Red Wedding episode of Game of Thrones shocks viewers not familiar with the book series.
- 4 Arrested Development returns to TV via Netflix
- 5 Netflix series House of Cards becomes the first web TV show to receive major Primetime Emmy Award nominations, and goes on to win in three categories.



The shocking Red Wedding episode of Game of Thrones made Metro's list of the best of 2013. HANDOUT

## Finally, a healthy binge

You could say I'm always a little late to the party. Up until six months ago, I didn't have Netflix, I never watched TV online and I never thought I was missing out. That was until I was introduced to Breaking Bad. I now fully indulge in what is being called binge-tv watching. I have devoured entire series (Family Guy, The Boondocks, American Dad, Episodes, The Walking Dead, to name a few. Yes, a few), and have spent an unacceptable amount of time on my couch. And though I'm nostalgic for the days of looking forward to my favourite show every week, and being left hanging for an entire summer before my shows return, I embrace this new way of enjoying television, even if I'm a little late.

MIRIAM  
OSBORNE/  
METRO



— is utterly captivating, and this comes from a person, who, I admit it, doesn't even vote. Politics is not my thing. But this show has it all: intrigue, sex, violence, scandal and Kevin Spacey. Enough said.

## Project Runway

Here's my shout-out to reality TV. I love reality it. I watch it all. Housewives, teen moms, geriatric moms, people who have sex with inanimate objects — I'll watch them all, as long as it's "real." But Project Runway (technically a reality competition show, which makes it higher brow) is legitimately a quality show. The contestants (for the most part) are actually astoundingly talented, the challenges are fresh and exciting, and there's still enough cat fighting and drama to sate my appetite

## Final eight episodes



## Breaking Bad: The final curtain

In mid 2013 the final eight episodes of the ultra-popular and critically acclaimed series Breaking Bad went on air. As usual Bryan Cranston and Aaron Paul turned in stellar performances and creator Vince Gilligan ensured the climactic episodes did not disappoint. We join the second half of the final season with Hank finally realizing that Walt is the infamous meth kingpin

Heisenberg.

This riveting show draws to a close with eight suspense-filled episodes. We see Jesse team up with Hank to catch Walt, Todd's ruthless relatives committing horrible deeds and Walter, in conflict with his family and on the run, tying up as many loose ends as he can. Viewers were rewarded for their loyalty with a brilliantly crafted and gradual ending to this Ned Flanders-turned-Scarface story. As the screen faded to the sound of Baby Blue I realized we may never see the likes of it again. Pure Genius. EOIN WELDON/METRO

for lowbrow reality crap.

## Girls

How did nobody else even mention this show? I don't care what anybody says, Lena Dunham is a genius and remarkably likeable despite airing her flaws — both emotional and physical — for the whole world to gawk at. Sure, the second season didn't quite meet the very high bar that the debut season set — it was a little too dark, and sometimes depressing — but as a 20-something girl myself (29 still counts) I can totally relate to almost everything that is said and done on this

show. Don't judge me.

## Nathan For You

Most people have probably never seen or even heard of this show. Get familiar, people, because Canadian comedian Nathan Fielder is one of the funniest dudes on the tube right now. This docu-reality comedy series basically features Fielder playing a deadpan, dead-eyed version of himself, using his "business background" to help out failing companies and individuals. Spoiler alert: He is not helpful. Trust me, you've got to watch it.

ALEXANDRA CAVALLO/MWN

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# The 2013 cyber heights of cyberspace

## Metro's picks

**1** Chris Hadfield's out-of-this-world version of Space Oddity inspired many. Kris Abel walks you through his blast off into the collective consciousness.

**2** Norwegian comedy group Ylvis' video for What Does the Fox Say? was YouTube's top video of the year, and has even spawned an illustrated book.

**3** Amanda Bynes' 2013 tweets left many of us scratching out heads — and just shocked.

**4** Felix Baumgartner's freefall from the edge of space.



**5** Patrick Stewart's tweets left an impression on anyone within a half mile of Twitter this year. Read what we have to say about them on this page.



## A Canadian star was born



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
scene@metronews.ca

Chris Hadfield won the Internet this year with a viral hit that was anything but accidental. He evoked the beauty of our world by sharing how difficult it was to leave its orbital view. These are complex emotions that he somehow captured with an iPad recording of himself singing David Bowie's Space Oddity. His Space Station video lessons and tweeted photos revealed a master communicator who understands the web better than anyone. Through him we have an extraordinary connection to space exploration, but also an example of how a cynical web culture can embrace values that are sophisticated and sincere.

## Another kind of fame

### Getting high off Patrick's personality

Making memes from Patrick Stewart's many starring movie roles is nothing new for those who lurk the intertubes. But when his fiancé posted a video of an allegedly stoned Stewart giving her acting lessons on the art of the quadruple take, the Internet's collective head caught a contact high. The powerful hit lasted throughout the year as Reddit and its kind obsessed over all things Stewart. From the serious (Stewart speaking about his own experiences with domestic violence) to the silly (him climbing into a bathtub dressed as a lobster), the former captain of the Star Trek Enterprise was sailing nothing but the good ship Awesome in 2013. **METRO**



Patrick Stewart, here with Ian McKellen, showed us a side of him we'd never seen before.

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# Metro's turn-up and tune-out in 2013

## Metro's picks

### Metro's picks for top five songs

1. Get Lucky, by Daft Punk
2. Reflektor and Afterlife, by Arcade Fire
3. Black Skinhead, by Kanye West
4. Royals, by Lorde
5. Thrift Shop, by Macklemore and Ryan Lewis



## No lines blurred in this selection

As a shameless Jay Z super fan, I want to say 2013's top song was Holy Grail featuring Justin Timberlake. But even I can't deny this year belonged to Blurred Lines by Robin Thicke featuring Pharrell Williams and T.I. A simplistic hook and its blend of R&B and pop helped the infectious Blurred Lines hold top spot on charts around the world. It also created its share of controversy (think music video with prancing topless supermodels and Thicke preemptively suing Marvin Gaye's family). Love it or hate it, at some point (maybe in a drunken stupor if you're a certain mayor) you likely caught yourself singing, "OK, now he was close, tried to domesticate ya..." IZABELA SZYDLO, METRO

## Metro picks

### Song of the Year: Royals by Lorde



**SOUND CHECK**  
Alan Cross  
scene@metronews.ca

Talk about a song with universal appeal! What began as a track marketed to the alternative set has become the biggest cross-format hit in years.

This is largely due to what was left out of Royals. It would have been so easy (and tempting!) to mess up the song by over-producing it. Instead, there's an elegant simplicity to everything: an understated rhythm track and the barest hint of a bass line. Lorde's vocals do the rest. The song doesn't even contain a bridge. This is brilliant



Crossover appeal lands Lorde at the top of Alan Cross's list.  
HANDOUT

songwriting, an excellent performance and perfect production, all wrapped in one great song.

**RollingStone.**  
PETER TRAVERS  
"SCORSESE DELIVERS ANOTHER CINEMATIC LANDMARK."  
★★★★

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**LEONARDO DiCAPRIO**  
**THE WOLF OF WALL STREET**

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# What writers were reading this year

**Publishing.** Authors Teresa Rhyne and Emily Giffin share their top book picks of 2013

**EMILY LAURENCE**  
Metro World News

It's hard for a first-time author to surpass the bold-faced names typically seen on the New York Times best-seller lists, but that's exactly what Teresa Rhyne did with her book *The Dog Lived (And So Will I)*. Her memoir about adopting a dog with cancer inspired millions. So, what books impacted Rhyne in 2013? She shares her top non-fiction picks below.

## 1. *Pukka's Promise: The Quest For Longer-Lived Dogs*, by Ted Kerasote

I'm a lifetime dog-lover and yet this book made me re-think how I live with my dogs and what more I can do for their health and welfare, and that was no easy task. Plus, Ted can spin a great tale (tail?) and that's not easy, either.

## 2. *The Imperfect Environmentalist*, by Sara Gilbert

This is a practical guide to clearing your body, detoxing your home and saving the Earth — without losing your mind — by actress Sara Gilbert. I've had two dogs fight cancer and I'm a cancer survivor myself, so this year I was all about detoxing our environment. This book became my go-to reference, particularly because of her Cut to the Chase Hippie: What's the Least I Need to Know advice section on every topic — perfect.

## 3. *Devoted: 38 Extraordinary Tales of Love, Loyalty, and Life With Dogs*, by Rebecca Ascher-Walsh

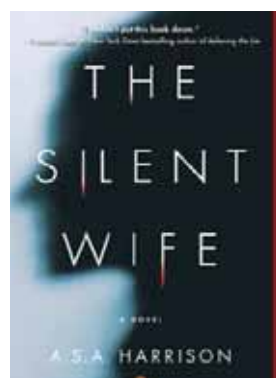
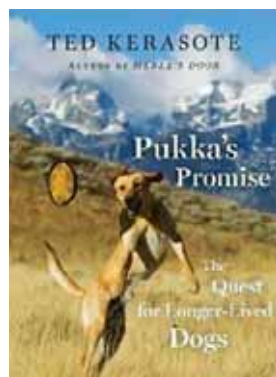
I'm a sucker for a beautiful dog book, and this one comes with touching stories about the many ways dogs are better than we are.

## 4. *Let's Explore Diabetes With Owls*, by David Sedaris

Because David Sedaris. Enough said.

## 5. *Lean In*, by Sheryl Sandberg

Lean In is thought-provoking,



fascinating and depressing. (What have I done with my life?!) It's about as highbrow as I went in 2013.

International best-selling author Emily Giffin knows a thing or two about what makes a good page-turner. Her first book, *Something Borrowed*, was made into a movie starring Kate Hudson and Ginnifer Goodwin, and her subsequent five novels have been lauded both here and abroad. Giffin, whose seventh novel, *The One and Only*, comes out in May 2014, shares her favourite fiction books of the year with us.

## 1. *The Silent Wife*, by A.S.A. Harrison

This is a gripping, intelligent thriller about a marriage on the verge of collapse and a woman at her breaking point. It's gorgeously written and impossible to put down. A sad footnote: The author passed away just before the book's publication.

## 2. *Sisterland*, by Curtis Sittenfeld

*Sisterland* is a moving and complex emotional study of twin sisters born with mild ESP. Curtis Sittenfeld is one of my favorite authors. As a

mother of identical twins, I found this story especially fascinating.

## 3. *The Ocean At The End Of The Lane*, by Neil Gaiman

This story is a beautiful but bewitching fairy tale of magic and memory. The novel is very unlike my usual reads, but my sister convinced me to give it a chance. She was right — it's hauntingly delicious.

## 4. *The Yonahlossee Riding Camp For Girls* by Anton DiScalafani

I have always been drawn to coming-of-age stories, and this novel is a true gem among them. Set during the Depression at an equestrian boarding school, DiScalafani's debut is that rare combination of understated elegance and explosive drama.

## 5. *Wonder* by R.J. Palacio

*Wonder* is about a 10-year-old boy who was born with extreme facial anomalies. I read it aloud to my three children, and it touched us all profoundly. It's not only my favorite book of the year, but also of all time — right up there with *To Kill A Mockingbird*.

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# Top headlines of Hollywood's 2013

**They did what?** It was a shock-and-awe year in celeb gossip, and Metro's editors never hesitated to chime in on the tabloid chatter

Pop culture gets a bad rap, according to Metro's gossip editor, Dorothy Robinson. Sure, it's lowbrow (especially when Miley Cyrus decides to take her clothes off with no deference to taste or talent) and it births fame-hungry monsters (Kimye, you are a creation even Walter Winchell couldn't dream up). Yet, the hijinks and disasters of people who fly so very high take us away from the humdrum of everyday life.

Keeping up with Miley is a nice distraction from the fact that the cable bill is due. Watching Beyonce at the Super Bowl is a reminder of what is humanly possible if you have drive, talent and a whole lot of luck. And witnessing the untimely deaths of two stars reminds us that even our little lives are ones worth living. In fact, maybe we're the lucky ones, blessed to be outside looking in — instead of the other way around.

**Here is what some of our editors had to say about the year in gossip:**

"I didn't put the Royal Baby on my list because I thought that fell under news. Come on: Kate Middleton should NEVER be



Love them or hate them, it was hard to get off the blinged-out, baby-making bus that was Kimye this year.

GETTY IMAGES



Who wasn't confused by this Canadian coupling? GETTY IMAGES

on the same list as Miley or Kim Kardashian. And although Avril Lavigne marrying Chad Kroeger wasn't earth-shaking, it was so delightfully weird that I thought it

## Metro's picks

**1** Miley Cyrus ditches her clean-cut image by twerking at the MTV awards, smoking a joint on air at the MTV Europe Awards, and working with photographer Terry Richards — and those are just some of her antics.

**2** Amanda Bynes — see Liz Beddall's story to your right.

**3** Kanye West and Kim Kardashian brought forth a baby and decided it would be

fun to name her North.

**4** Justin Bieber wreaked havoc in his neighbourhood with his driving, peed in a bucket, lost his monkey, and then had a drama-filled South American tour before heading to Australia for more of the same.

**5** Angelina Jolie surprised the world by announcing she underwent a double mastectomy.

deserved a mention." **DOROTHY ROBINSON**

"I, for one, definitely had Beyonce winning the Super Bowl on my list. Nothing can stop

her, not even a blackout. I don't even remember who actually played. All I remember is the Destiny's Child reunion and Beyonce's black lace body suit. She wins." **EMILY LAURENCE**

## Amanda on our minds

### Reading between the Bynes

While it seems 2013 was the year of the squeaky-clean-songstress-turned-train-wreck-tabloid-queen, there was arguably no one who was featured as consistently on Metro's Dish page as former WB sweetheart Amanda Bynes.

Multiple brushes with the law, airborne bongos, drive-way fires, neon wigs and one trainwreck of a Twitter feed meant that Bynes all too often became our feature focus.

Having recently received treatment for mental illness, we hope 2014 brings Amanda some peace, health and much-needed time away from the tabloids.

LIZ BEDDALL/METRO



Amanda Bynes GETTY IMAGES

## Dorothy Robinson's picks

**1** Miley Cyrus' crazy year.

**2** The evolution of Kimye (and the birth of baby North West).

**3** Beyonce wins the Super Bowl.

**4** Cory Monteith overdosing.

**5** Avril Lavigne marrying Chad Kroeger.

"I can't find any evidence supporting the theory that Kanye has a sense of humor; I fear he is gravely serious. We mere mortals just do not understand him." **T. MICHELLE MURPHY**

I guess unlike other calculated 'Look at me! I'm no longer a Disney pop princess! I'm now a woman!' coming-out moments (see: Britney in the red leather body suit; Christina's suggestive Genie in a Bottle), Miley's coming out seems raw and unpolished. She's going

more for shock value than sex appeal. Which, honestly, is slightly refreshing. Just put the tongue away, girlfriend."

**DOROTHY ROBINSON**

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# The five worst fitness trends of 2013 we hope don't return

## Year-end review.

Workouts can get boring from time to time but these ideas on how to switch things up missed the mark this year.

VAWN  
HIMMELSBACH  
life@metronews.ca

It's not a bad idea to switch up your workout routine every now and then to challenge your muscles and stay motivated. But in the quest for new ways to do old exercises, some trends might be a tad questionable.



Backwards is just backwards.

### Backwards running

Sure, running can get monotonous, but is running backwards the answer? There's a reason why people are doing it: According to a study by the U.S. National Library of Medicine National Institutes of Health, running backwards uses 30 per cent more energy than moving forward at the same speed. And, supposedly, it's easier on your knees. But let's face it; running backwards is an accident waiting to happen since — if it's not obvious — you can't see where you're going. Not to mention it looks ridiculous.

### Boutique/hybrid yoga

If you're into yoga, there are a variety of styles to suit your personality, from ashtanga to moksha to yin. But now, you can mix those warrior poses with ... hula-hoops, trampolines and martial-arts kicks. Or do yoga on a paddleboard, to disco music or even with your dog (doga). But yoga isn't about total body sculpting or getting a cardio workout — it's about quieting your mind. And it's hard to quiet your mind while doing disco moves in tree posture.



There is nothing wrong with weightlifting. But weightlifting in the heat doesn't make sense. ALL IMAGES ISTOCK PHOTOS

### Extreme HIIT ... for average Joes

High-intensity interval training (or HIIT) has many benefits: Bursts of vigorous exercise (think squats and burpees) followed by brief rest periods can burn calories — fast. That's why we've seen the rise of workouts like CrossFit, and the Insanity and P90X DVD series. But along with the increase in popularity of these types of workouts has come an increase in injury, from slipped disks to torn rotator cuffs. According to a recent study published by The Journal of Strength and Conditioning Research, 16 per cent of CrossFit participants quit the program due to overuse or injury. At least it's good news for orthopedic surgeons.

### Themed runs (that involve barbed wire)

Working out should be fun, and hey, who wouldn't be motivated to run faster when being chased by zombies? While themed workouts from Tough Mudder to colour runs (running through clouds of coloured cornstarch) can be motivating or push you

to challenge your endurance, any athletic endeavor that involves wading through ice water under barbed wire or being zapped by live wires is questionable. Perhaps next we'll start seeing live wires attached to treadmills so you'll get zapped if you're not running fast enough.

### Hot weightlifting

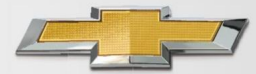
Traditional weightlifting remains one of the best ways to build muscle. But one of the latest fads takes weightlifting to a new level — pumping iron in the heat. The concept behind Bikram yoga (where the temperature in the room is cranked to 40.6 C with a humidity of 40 per cent) is now being applied to everything from barre to spinning and weightlifting classes. But according to a recent study by the American Council on Exercise, turning up the heat doesn't actually burn extra calories. You just think you are, all the while risking dehydration and even heat stroke. If you like the heat, best to stick to Bikram.



Run from this trend.



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Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased or leased. \$500 Bonus Day Bonus credit valid on 2014 model year Chevrolet/Buick/GMC/Cadillac cars and crossovers, \$1,000 Bonus Day Bonus credit valid on 2014 model year Chevrolet Silverado or GMC Sierra. \$1,500 Bonus Day Bonus credit valid on 2013 model year Chevrolet/Buick/GMC/Cadillac vehicle. All products are subject to availability. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and conditions apply. See your GM dealer for details.



# I'll take a cold cerveza with that

## Year of Mexican food.

You've been fooled long enough with cheesy dishes and store-bought salsa. Authentic Mexican is taking over — olé!



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Remember when Mexican food meant cookie cutter platters of oddly coloured white rice with a bunch of stuff covered in cheese?

You may have gotten a bowl of pre-fab corn chips and bottled salsa instead of bread as an appetizer.

Luckily, 2013 saw the rise of true Mexican food. It showed up everywhere, from the very hip food truck culture running away with the foodie heart to the top end of just about every urban menu.

Some of the foods that we can't get enough include pulled pork, fish tacos and burritos. And you really haven't lived unless you've found churros with the caramel-like dulce de leche sauce. (Don't forget the side of tequila, which was the beverage of 2013.)

Real Mexican food is wholesome, and it varies across the country from fish-based seaside to tropical fruit interiors, but they all have three things in common: corn, chili peppers and beans. The Europeans added pork, chicken and tomatoes and North Americans topped it all off with some flair.

Taco night is no longer spice from a box mixed with ground beef and corn shells,



Mexican has gone beyond the smothered-in-cheese dishes. ISTOCK

although, they are certainly retro-welcome. Think broader.

### Chicken

Toss a chicken in the slow cooker with one of the many creative jars of salsa on the market and cook all day. Pull chicken from the bones and serve with tostadas, artisan corn and wheat tortillas plus toppings like frozen corn simply roasted on a cookie sheet in the oven.

### Cole Slaw

Think about a grated cole slaw mix instead of shredded lettuce. Top with cocoa nibs, any manner of chopped chilies and any combo of fresh herbs. Serve with fresh lime juice and soda water with muddled mint (go ahead add some tequila!)

### Pulled Pork

Pulled pork couldn't be easier. The low and slow oven versions create the

best melt in your mouth recipes. Sauce options run the gamut from barbecue sauce to the chocolate and chili based mole sauce. This one pot wonder is the best crowd pleaser to come out of this Mexican trend. Pork shoulder or arm is an affordable (if fatty) cut that can't be ruined as long as you keep the oven temperature below 300 and the time at least an hour per pound.

### Churro Dip

Since churros are hard to find, must be fresh and deep frying is a pain (not to mention crazy unhealthy!)

Why not go with the classic churro dip: dulce de leche and forgo the donut? This sweet milk caramel sauce can be now purchased jarred but the quickie cheater recipe using only sweetened, condensed milk is ridiculously easy. Use it to drizzle onto vanilla pudding, fresh fruit

## Wine of the Year

### 2011 Vintage Port



**LIQUID ASSETS**  
Peter Rockwell  
@therealwineguy  
liquidassets@eastlink.ca

"I'm loading up on 2011 Vintage Port," says Peter Rockwell, Metro's expert for all things liquid. "Considered one of the best years in decades; all the big houses released a version this year. Dow's 2011 (\$79.49) is spectacular; and will age well into 2063."



or chocolate cookies and you are right on the Mexican trend. Which will, by the way, continue for a few more years... **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM**

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Canadians stuck with fairly traditional baby names this year, with Carter and Emma topping the lists. ISTOCK

# A baby by any other name...

**Traditional vs plain old weird.** Some of the most popular names of the year came, not surprisingly, from celebrities



**IT'S ALL RELATIVE**  
Kathy Buckworth  
Kathybuckworth.com

Every year, the most popular baby names list is announced, and I think most parents prefer not to see their child's name turn up there.

It might be because they want to "own" that name and be individual, or they are thinking about confusion in the classroom in later years.

I personally know about 117 Jennifers, clearly a No. 1 name in the '70s.

While I didn't name my kids to stand out, I didn't specifically choose names I hoped would be super popular either.

I'm a Kathy; growing up in the '60s and '70s there were always more than a few of us, even if some of them spelled it incorrectly with a C.

As for my husband, I think every second guy my age that I know has his name (Steve), including my own brother.

Steve has also been the name of choice for a monkey in both the movie Cloudy With a Chance of Meatballs, as well as in the Spot the Dog books, and even the titular hedge in

## Top names of 2013

According to Canadian Living magazine, these were the top names for boys and girls this year.

### Boys

1. Carter
2. Christopher
3. Hunter
4. Joseph
5. Joshua

### Girls

1. Emma
2. Hailey
3. Isabella
4. Jada
5. Matilda



Kanye and Kim surprised the world when they named their baby girl North West. GETTY

the movie Over the Hedge.

My kids giggle at the thought of a newborn baby named Steve. "This is my new baby, STEVE." (Come on, that's funny.)

The top names in Canada for 2013 this year are Emma and Carter, according to Canadian Living Magazine.

Parents who have chosen these names will be well advised to order labels with their last initial tacked on, speaking from experience.

I don't see any real surprises

in the list (see fact box). While we run across the occasional unusual name, Canadians are fairly traditionalist.

Celebrities are scorned when they use unusual names (Apple, Blue Ivy, and Moon Unit) and lauded when they go with traditional names.

Two of the most famous babies born this year were William and Catherine's Prince George (which makes Canadians giggle, particularly those in northern B.C.), and Kim and Kanye's new reality

production, North.

I wish others had followed the pseudo-metaphor of the name and phrase North West.

Halle Berry couldn't have gone with either Straw or Blue?

It would have killed Toni Braxton to go with Hicks? (Only new moms will appreciate that one.)

For the record, my kids are Victoria, Alexander, Bridget and Nicholas. Not that Penny Buckworth wouldn't have been fun.

## BAYSHORE FASHION FILE

BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

**Q:** MY HUSBAND MADE THE EFFORT THIS YEAR BY PURCHASING NEW CLOTHES FOR ME FOR CHRISTMAS - BUT HE DIDN'T DO SO WELL IN GUESSING MY SIZE. I DON'T WANT TO TAKE THEM BACK RIGHT AWAY, BECAUSE I DON'T WANT TO HURT HIS FEELINGS... HOW LONG CAN I WAIT TO RETURN A PURCHASE MADE AROUND THE HOLIDAYS? - K.C.

**A:** Your husband sounds like a sweetheart! Return times vary from store to store, with most accepting returns up until January 10th. It is always best to check with each individual store for their return policy. Even if you miss the return deadline, many retailers will offer a credit note as long as the tags are still attached!

**Q:** I KEEP SHOES AT WORK UNDER MY DESK SO I CAN WEAR BOOTS OUTSIDE, BUT CHANGE MY FOOTWEAR WHEN I GET TO WORK. IS IT OK TO WEAR OPEN-TOED SHOES IN THE WINTER IF I'M ONLY WEARING THEM INSIDE, OR IS THIS A FASHION FAULT? - D.S.

**A:** Regardless of whether you are indoors or out, it is always best to dress appropriately for the season. Open-toed shoes are great for the warmer weather but it would be best to stick to a closed toe for the winter months. Brown's shoes should be your first stop for some outstanding footwear - and with their Boxing Week Sale on now, you can save up to 70%!

**Q:** I'M STARTING A NEW JOB IN THE NEW YEAR, AND I NEED A WHOLE NEW WARDROBE! HOW CAN I GET ENOUGH NEW OUTFITS TO MAKE IT LOOK LIKE I'M NOT WEARING THE SAME THING OVER AND OVER WITHOUT BLOWING MY BUDGET? - N.E.

**A:** My suggestion would be to pick up a few great basics in a neutral colour. Go for a black suit with both pants and a skirt, and a simple black dress. As your budget permits you can add different tops and accessories to switch up the look. One day wear the suit jacket over the dress for a simple, classic look and another day wear the dress on its own, but with patterned tights and bold jewellery for an entirely different look! Zara, and Hudson's Bay both have a terrific array of business attire!

*Angie Russell*  
ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE

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# Design darlings of 2013

Style gurus Steven Sabados and Chris Hyndman take a look back at the top home-decor trends of the past year, and find the standout themes included artful lighting, lived-in linen, warm gold and brass accents, and the rustic look of unfinished wood. For more chic decor ideas, watch Steven & Chris weekdays at 2 p.m. on CBC.



## Emerald Green

Emerald green, Pantone's 2013 colour of the year, was eagerly and enthusiastically embraced by designers and consumers. From throw cushions to sofas and wall treatments, emerald green was undoubtedly this year's "it" colour. Emerald green is vibrant, radiant and lush and it's not surprising that its popularity also sparked a renewed interest in all things glam.

## Gold and brass

This was the year many vintage favourites experienced a major comeback. Gold and brass, reminiscent of decades past, became a leading trend and surfaced anywhere from hardware finishes to decor accessories.

Gold flatware appeared on tabletops. Chrome no longer dominated kitchen and bathroom fixtures as gold and brass taps offered a warm metallic glow in the room. Brass and gold decor accents became increasingly sought after this year as the idea of mixing metals grew in popularity.

You don't need to discard your existing finishes to incorporate brass and gold into your home decor, and that's a key factor in the success of this design trend.

## Natural wood

Natural wood was the material of choice for many this year. Raw wood tables with no varnish or treatments went from being showroom darlings to standard household decor.

The versatility and durability of raw wood coupled with its natural patina over time



Natural wood was the material of choice for many this year, say Steven and Chris. Crate and Barrel's Big Sur Natural collection, which includes dining tables, benches and a sideboard, has a polished wax finish and emphasizes the innate character of the wood. For more details, see [crateandbarrel.com](http://crateandbarrel.com). COURTESY CRATEANDBARREL.COM

make it a sensible and stylish solution for family living. The rustic look of natural unfinished wood has also been juxtaposed with cooler elements like chrome and glass in

more formal areas of the home.

## Lighting as art

Lighting as a form of artwork became a popular concept this year. Form reigned over

function for most of this year's most desired light fixtures. In 2013, lighting made a statement in the room instead of just lighting it up. Over-scale light fixtures were also a big part of this trend. Chandeliers, pendants, sconces, table lamps and floor lamps have become key extensions of a room's style and personality.

## The lived-in look

In 2013, comfort was king with a big focus on natural fibres such as linen. The relaxed lived-in look was seen in many upholstered decor pieces such as casual wingback chairs and slipcovered sofas. Even drapery has moved away from traditional silk textiles to the more casual elegance of linen. The driving force of this trend is lifestyle and the move away from traditional formal choices to more liveable no-fuss options.

Lived-in comfort: Crate and Barrel's Jeremiah Jute Back Rocker features Belgian linen. See [crateandbarrel.com](http://crateandbarrel.com) for details.



Left, hand-shaped brass Loki Bowl, \$94, [crateandbarrel.com](http://crateandbarrel.com); and below, Brass Leaf Side Table, \$189 US, [urbanoutfitters.com](http://urbanoutfitters.com).



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Emerald, which was Pantone's 2013 colour of the year, showed up in a wide range of decor products including this Mohair Fringe Throw, \$199, from [zarahome.com](http://zarahome.com).



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# 2013 styles with staying power

## Looks that will last.

Thank the higher powers of haute couture for these five crazes that are willing to commit

LIZ  
BEDDALL  
Metro World News

Every year a handful of trends take hold of our lives, clutching to our closets with haste and hitting the bargain bin just as quickly. This year saw plenty of questionable clothing choices sashay down the streets, but among them were a few wardrobe wins that we guarantee won't be disappearing once the winter flurries die down. Here are five fabulous looks of 2013 that Metro knows you'll still find in the new year.



## Box clutches



**LOFT Gilded-lace-yoke sleeveless dress, \$89.50**  
loft.com



**Joe Fresh embellished collar silk shirt, \$59**  
joefresh.com

## Embellished collars

## Rose gold



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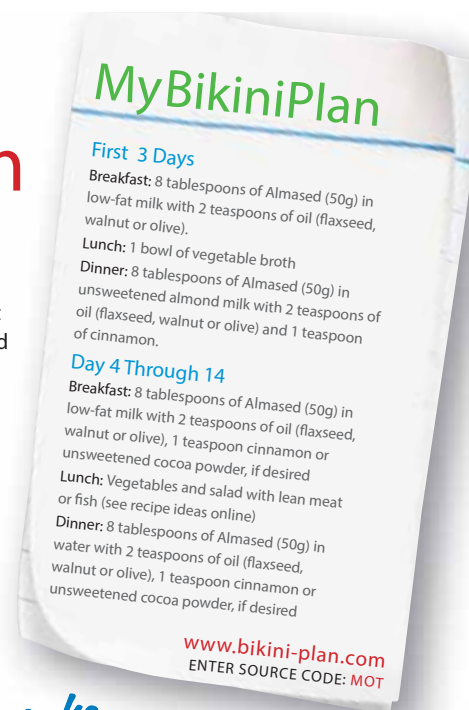
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## Sports

An unlikely playoff run, sending off Alfie and welcoming the future of the Senators highlight Ottawa's tumultuous year in sports



The Senators' Erik Karlsson looks up at the clock as he skates off with Bobby Ryan, Kyle Turris, Patrick Wiercioch and Clarke MacArthur in Ottawa on Dec. 14. The team hopes they can repeat last year's unlikely playoff run, but it will be an uphill battle from this point. FRED CHARTRAND/THE CANADIAN PRESS

# Pesky Sens make do with a motley crew



THE HOCKEY NEWS  
Murray Pam  
ottawa@metronews.ca

Just like the four seasons, 2013 for the Ottawa Senators can easily be separated into the four following distinct periods: Injuries, Pesky Sens, July 5 and Early Disappointment.

**Injuries** — Devastating ailments highlighted a 48-game season. While playing during the lockout, defenceman Jared Cowen suffered a torn hip labrum. After just five games No. 1 pivot Jason Spezza required back surgery. Two weeks later, reigning Norris Trophy winner Erik Karlsson had his Achilles' tendon sliced by the skate of the Penguins' Matt Cooke. Adding insult to injuries, Craig Anderson, the league's No. 1-ranked netminder in goals-against average and

save percentage, was lost for several weeks due to an ankle sprain.

**Pesky Sens** — Coach Paul MacLean embraced the challenge of managing a lineup without his key players. Using as many as eight rookies on a given night, the aptly dubbed "Pesky Sens" eked out a seventh-place finish in the Eastern Conference — earning a post-season date with the Canadiens. MacLean was acknowledged for his wizardry by claiming the Jack Adams Award.

The Senators upset their closest geographical rival in five memorable games. Eric Gryba's monstrous hit

on Lars Eller set the tone for the series, leading to a bitter war of words between MacLean and Montreal coach Michel Therrien.

Game 3 featured a hat trick by newcomer Jean-Gabriel Pageau, prompting refrains of "Pageau, Pageau, Pageau," mocking the Canadiens "Olé." The home crowd also witnessed a line brawl. Game 4 epitomized the Senators season. Down two in the third, the club evened the score with seconds remaining, then Kyle Turris won it in overtime. Although the team was no match for the Penguins in Round 2, it was a truly memorable season.

**July 5** — When Daniel Alfredsson scooped up the puck after his last game on home ice, fans had no idea it was the last time their beloved captain would don a Senators uniform. The 17-year veteran shocked the hockey world by signing with the Red Wings.

GM Bryan Murray responded quickly, inking free agent Clarke MacArthur. Later in the day, Murray acquired four-time 30-goal man Bobby Ryan in a blockbuster deal with the Ducks.

**Early Disappointment** — While Murray's additions have benefited the Senators, struggles at home have the team challenging for a wild-card spot rather than a top-three Atlantic Division position as expected. With the season half complete, the club still has an opportunity to make the playoffs, but it may have to rely on the failure of others.

## Most-searched teams

### Leafs Nation rules the Google roost

Not even the heartbreak of a Game 7 meltdown and a dispiriting 5-4 overtime loss during last season's playoffs appears to have deterred Maple Leafs fans from keeping tabs on their team.

At least not according to Google Canada's 2013 Zeitgeist report, which tracks trending search terms.

The Montreal Canadiens came in second, followed by the Ottawa Senators, the Edmonton Oilers and the Calgary Flames.

"We're a hockey-obsessed nation and the data totally backs it up," said Aaron Brindle of Google Canada.

Here are the teams that rounded out the rest of the top 10 most searched:

1. Toronto Maple Leafs
2. Montreal Canadiens
3. Ottawa Senators
4. Edmonton Oilers
5. Calgary Flames
6. Vancouver Canucks
7. Winnipeg Jets
8. Saskatchewan Roughriders
9. Toronto Raptors
10. Hamilton Tiger-Cats

TORSTAR NEWS SERVICE

## Grinding it out

"Using as many as eight rookies on a given night, the aptly dubbed 'Pesky-Sens' eked out a seventh-place finish in the Eastern Conference — earning a post-season date with the Canadiens."



The past year has produced several highs and many lows for Canadian teams and athletes.  
The following storylines grabbed our attention above all the others.

THE CANADIAN PRESS

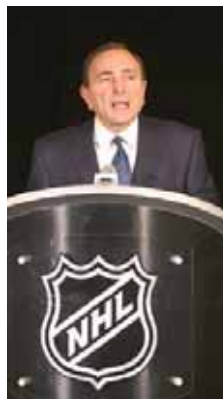
## The end of the NHL lockout

Hockey fans rejoiced when the NHL and the NHL Players' Association reached a tentative deal to end the lockout in the early hours of Jan. 6.

The agreement was ratified by the board of governors three days later.

Just over five months later, the Chicago Blackhawks won their second Stanley Cup in four years.

Then in November, the league signed a massive new television deal with Rogers Communications worth \$5.2 billion over 12 years.



NHL commissioner Gary Bettman apologized for the tardy start of the season.  
GETTY IMAGES



Brett Lawrie TORSTAR NEWS SERVICE

## A season of disappointment

The Toronto Blue Jays came into 2013 as World Series favourites after a blockbuster off-season that included a 12-player megadeal with the Florida Marlins and the acquisition of reigning National League Cy Young winner R.A. Dickey.

But, though the city initially buzzed at the thought of meaningful September baseball for the first time since the team's championship years in 1992 and 1993, the campaign was a bust.

## Raonic's rise

Tennis star Milos Raonic became the first Canadian to crack the ATP top-10 list.

The Thornhill, Ont., player made the Rogers Cup final in Montreal and was also instrumental in leading Canada to the Davis Cup semifinals.

Also making big gains on the court in 2013 were Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard, who both shot up the rankings.



Milos Raonic GETTY IMAGES



## CFL double for Cornish

Calgary Stampeder running back Jon Cornish became the first Canadian in 35 years to win the CFL's most outstanding player award.

Cornish, who was also named the league's top Canadian for the second straight year, is the first Canuck to be named CFL MVP since Ottawa Rough Riders tight end Tony Gabriel in 1978.

Cornish finished the 2013 season with 1,813 yards rushing and 12 touchdowns.

Jon Cornish went on to win the 2013 Lou Marsh award as Canada's top athlete. THE CANADIAN PRESS

# The top 8 sports stories of the year

## Green crush

The Saskatchewan Roughriders became the third straight Grey Cup host to win the trophy, defeating the Hamilton Tiger-Cats 45-23 on Nov. 24.

The Riders won the 101st edition of the CFL championship in front of their rabid fans at Mosaic Stadium in Regina, with Kory Sheets rushing for a Grey Cup-record 197 yards and two touchdowns to help his team to just its fourth title.

"The one thing that led us to a dominant performance was that the fans were unreal," said Riders coach Corey Chamblin. "The whole (stadium) was green."



The Roughriders won the Grey Cup in Rider Nation. GETTY IMAGES



Anthony Bennett is greeted by NBA commissioner David Stern upon being drafted. GETTY IMAGES

## Canadian hoops history

Anthony Bennett shocked many observers on June 27 when he became the first-ever Canadian to go No. 1 at the NBA draft, selected by the Cleveland Cavaliers.

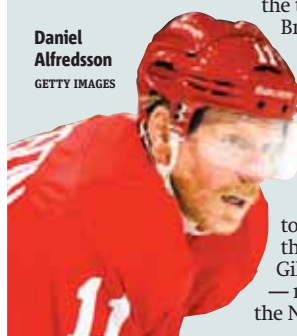
"I'm just as surprised as everybody else," the Brampton, Ont., native said.

Meanwhile, Vaughan, Ont.'s Andrew Wiggins was named the top high school player in the U.S.

## A trio of hockey stunners

- The Toronto Maple Leafs made the playoffs for the first time since 2004 and looked set to advance to the second round when the wheels fell off in spectacular fashion. Toronto led Boston 4-1 with just over 11 minutes to go in the third period of Game 7. The Bruins won 5-4 in OT.

Daniel Alfredsson GETTY IMAGES



- Ottawa's beloved captain Daniel Alfredsson bolted from the Senators after 17 seasons to sign with the Detroit Red Wings.

- The Vancouver Canucks' goalie soap opera took an unexpected turn at the NHL draft when GM Mike Gillis traded Cory Schneider — not Roberto Luongo — to the New Jersey Devils.

## GSP steps away

UFC welterweight champion Georges St-Pierre successfully defended his title twice in 2013.

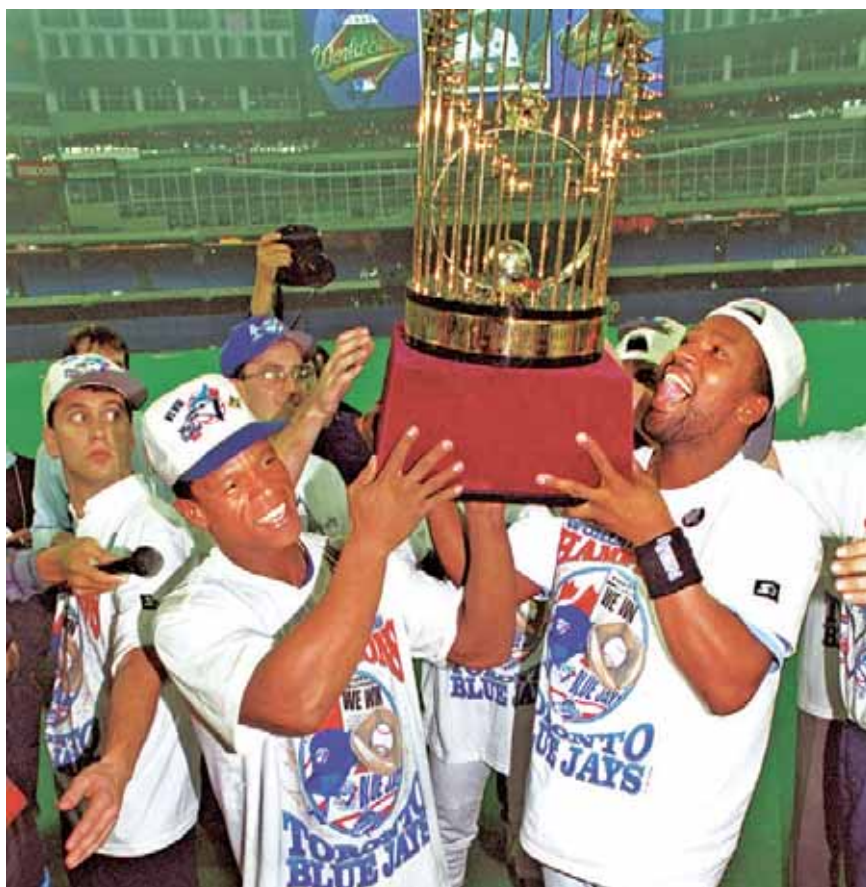
But after a bruising and controversial split-decision victory over Johnny Hendricks on Nov. 16, the Montreal fighter hinted at retirement in a cryptic post-fight interview in the cage that included a reference to unexplained personal issues and his need to step away from the sport.

Then, on Dec. 13, St-Pierre vacated his title and announced an indefinite hiatus from the Octagon, citing the pressures of being champion.

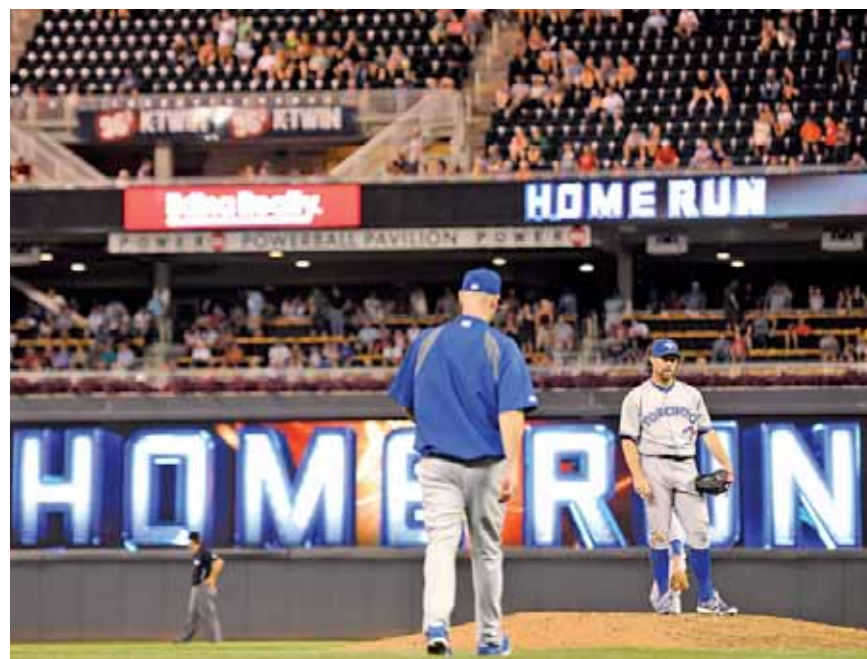


Georges St-Pierre THE CANADIAN PRESS





Rickey Henderson, left, and Joe Carter celebrate the Jays' World Series victory on Oct. 23, 1993. RICK STEWART/GETTY IMAGES FILE



The Blue Jays and starting pitcher R.A. Dickey crumbled under the World Series-sized expectations in Toronto in 2013. HANNAH FOSLIEN/GETTY IMAGES

# Answer to ending Blue Jays' playoff drought? It's Pat!



DAVE LANGFORD  
dave.langford@metronews.ca

There is a wonderful piece of trivia surrounding legendary Blue Jays general manager Pat Gillick, and it goes like this.

After leading the Blue Jays to two World Series titles (1992, '93) and five division titles (1985, '89, '91, '92, '93), Gillick left the team in 1994.

And the Jays have not made the playoffs since.

In 1995, Gillick joined Baltimore as general manager and the Orioles made the playoffs in 1996 and '97. He left the team after his three-year contract ended.

The Orioles then went on a streak of 14 losing seasons before finally making the playoffs once in 2012.

Next, Gillick took his genius to Seattle where the Mariners made the playoffs in 2000 and 2001, the only time in their history they made the post-season in back-to-back seasons.

He left the team in 2003. And, yes, the Mariners have not made the playoffs since.

His next stop was Philadelphia where, as general manager, he led the Phillies to his third World Series championship. Now retired as GM,

## The Jays' leaders in 2013

**Wins:** R.A. Dickey, 14  
**Strikeouts:** R.A. Dickey, 177  
**Saves:** Casey Janssen, 34  
**Batting average:** Adam Lind, .288  
**Homers:** Edwin Encarnacion, 36  
**RBIs:** Encarnacion, 104  
**Hits:** Encarnacion, 144

he continues to work for the Phillies as a senior advisor.

Meanwhile, the three teams he left behind have a grand total of one playoff appearance in 44 seasons.

And with the Blue Jays currently priding themselves on promotions such as Flashback Fridays, they need to bring back the most important person in their 36-year history — Lawrence Patrick David Gillick.

God knows they've tried everything else.

The team has just come off the most anticipated season since it last made the playoffs — and won the World Series — 20 years ago.

But the much-hyped 2013 was a disaster in every way.

It started with Opening Day

and never let up.

April 2 was the day a truly horrendous fielding catcher with some admitted pop in his bat talked manager John Gibbons and general manager Alex Anthopoulos into letting him catch a Cy Young-winning knuckleball pitcher the Jays had acquired in the off-season.

Before a crowd of 48,847 at the Rogers Centre, catcher J.P. Arencibia allowed three passed balls — should have been four but a wonky scorer decision saved him — and the Blue Jays, with R.A. Dickey on the mound, lost 4-1 to the Cleveland Indians.

Arencibia never caught Dickey again and batted .194 on the season in which he miraculously was allowed to have 474 at bats.

Yes, there were pitching challenges and injuries all season long, with starters in and out of the lineup, and the Shuffle Off to Buffalo theme song was the team's No. 1 hit.

But the tedious season in which the Jays finished last in the five-team division was essentially lost that day in April.

The only way to turn the franchise around is to bring back the Blue Jay legend, Pat Gillick. Even at the age of 76.

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## Horoscopes

### ♈ Aries

March 21 - April 20

You are on the threshold of a spectacular breakthrough. Which only goes to show that when you focus on a goal and follow up on it consistently, you can be a success. But don't get too full of yourself.

### ♉ Taurus

April 21 - May 21

You need a change of direction and the planets will see that you get it. But don't worry. You will like what the next few weeks bring your way very much indeed.

### ♊ Gemini

May 22 - June 21

You are who you are for a reason. If you stop wasting time fantasizing about who you would like to be and focus on doing a better job of who you are, you will soon be both successful and happy.

### ♋ Cancer

June 22 - July 23

Your problems are not as bad as you think, so quit worrying. Cosmic activity in your opposite sign of Capricorn will bring relationship matters to a head over the weeks, but there is no need to panic. You'll survive.

### ♌ Leo

July 24 - Aug. 23

You may be tempted to change something that has worked for years, but is that a good idea? There is every possibility that you will go too far and change things in a revolutionary rather than an evolutionary way.

### ♍ Virgo

Aug. 24 - Sept. 23

Play to your strengths and don't let what others are doing affect you in any way. There are some things you do better than most and those are the things you should be focusing on.

### ♎ Libra

Sept. 24 - Oct. 23

If you have been taking a loved one for granted, this could be a tricky day. Somehow you need to convince them that your feelings are still the same but it will take more than just words.

### ♏ Scorpio

Oct. 24 - Nov. 22

Something important is about to happen and chances are you will enjoy it. Most likely it will have something to do with your social life, so get out into the world and smile big!

### ♐ Sagittarius

Nov. 23 - Dec. 21

You may come into money over the next few days but it would be wrong to count on it to get you out of trouble. The only way you are going to improve your financial situation is to cut back on your commitments.

### ♑ Capricorn

Dec. 22 - Jan. 20

As cosmic activity in your sign reaches a peak over the new year period, you'll have to deal with situations that in the past you've tried to avoid. The good news is solutions can be found, but you've got to act now.

### ♒ Aquarius

Jan. 21 - Feb. 19

If your present approach to a problem is not working then clearly you need to tackle it from a different angle. Some people say you're too inflexible, too set in your ways to change. Prove them wrong.

### ♓ Pisces

Feb. 20 - March 20

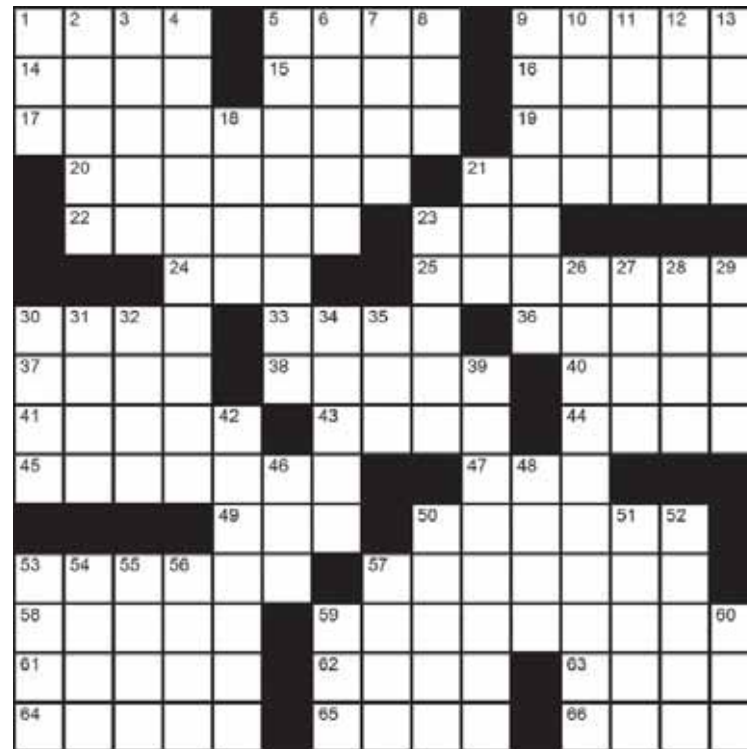
Pay attention to what loved ones tell you over the next 24 hours because they can see something that you missed. If you listen to what they say and act on their advice, it could save you trouble. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

- Pasta, e.g.
- 17th Greek letters
- Mother-of-pearl
- \_\_\_ code
- Nobleman
- Once more
- December 26th significance: 2 wds.
- Rene of movies
- Be drifting alone at sea ...but suddenly become joyful!: 2 wds.
- Slightly adjusts
- Accompaniment
- Musical fifth note, variantly
- Exclaimed "That hurts!", say
- Shopping: Door-\_\_\_ special
- George Michael's '80s group!
- Architect Mr. Saarinen
- France's longest river
- Rush
- Pilotless aircraft
- Gift Tag: To and

- Nimbi
- Prince of Wales' motto, Ich \_\_\_ (I Serve)
- Dick Tracy's beloved, \_\_\_ Trueheart
- '50s TV series about a Quebec family, "La famille \_\_\_"
- Best, \_\_\_-rated
- Fee-fi-fo-\_\_\_
- North or South, in The States



- Neil Young song: 2 wds.
- Subscriber's extension
- Wickerworker's willow
- Traditional pudding of Newfoundland: 2 wds.

- Billy Bob Thornton flick, "The Man Who \_\_\_ There" (2001)
- 'Myth' suffix
- National Velvet author Ms. Bagnold
- Tiffs
- Foundation
- Lines of travel, for

short

### Down

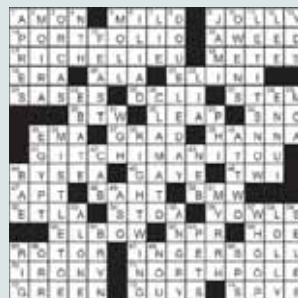
- Taxi
- Sprang up
- T. \_\_\_ (Some dinosaurs)
- \_\_\_, Quebec (Former PM Brian Mulro-

ney's birthplace)

- Viewed as
- "In case you \_\_\_ noticed..."
- Toward the mouth
- Slick
- Arctic whale having a spiral tusk
- Chill

- House, in Havana
- Board game
- Biblical grandson
- Sugar substitute, Sweet'\_\_\_
- Maple Leafs, on scoreboards
- Elegant biscuit
- Ski slope surface sometimes: 2 wds.
- Contract
- God of love in Greek mythology
- Sleep stages, commonly
- Gift \_\_\_
- Transport stuff
- Prefix to 'phobia' (Fear of heights)
- Canadian fashion designer Mr. Moralioglu
- French queen's mate
- Mire
- Attempts
- Amusing
- \_\_\_dokey
- Manet painting contemporary
- Razz
- 1966 Michael Caine film
- Awesomenesses!
- Office request [acronym]
- Marge's daughter
- Prince Michael of \_\_\_ (Queen Elizabeth's cousin)
- Costa \_\_\_
- Taradiddle
- Hose-using rescue units, for short

## Dec. 24th's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Dec. 24's Sudoku



For more puzzles and games during the holidays, visit [metronews.ca/games](http://metronews.ca/games)

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